Good news for homemakers

Preserving corn

By SHIRLEY W. WALTON
Extension Agent
How to Freeze and Can Corn

NOTE: This article is being printed again because of the many questions about preserving corn. Please follow these safe recommended practices and not some "new-fangled idea" a neighbor has shared with you. The information below is tried and tested.

When preparing corn to can or freeze, select ears that are fresh and have good green color in the husks. The corn should be free of decay and worm injury. Ears should be well covered with plump, tender kernels.

Avoid picking ears with undeveloped kernels which lack yellow color in yellow corn or good white corn varieties.

For freezing it is absolutely necessary for any food you freeze to be of top quality. Freezing only preserves the quality; it does not improve it. Foods in less than peak condition deteriorate more noticeably when frozen, so do not bring corn in from the garden that is not the best quality to freeze or can.

Corn is one of those vegetables which is at its best when it is freshly harvested. It should go straight from the garden into the process of being frozen or canned. Remove husks and silks and wash the corn as quickly as possible. For freezing corn, follow the following instructions:

Whole Kernel or Cream Style

You MUST BLANCH in boiling water for 6-8 minutes. Cook quickly in ice cold water and drain. For whole kernel corn, cut the kernels from the cob at about ⅔ the depth of the kernel. For cream style corn, cut at about the center of the kernels, then scrape the corn to remove the juice and heart of the kernel. Pack corn in containers, leaving ½" head space. Seal, freeze and store at 0°F. or below.

On The Cob - Sort ears according to size after preparing them for freezing. Heat in boiling water or blanch as follows: small ears - 7 minutes; Medium ears - 9 minutes; Large ears - 11 minutes.

The heating time is longer for corn to be frozen on the cob because the heat must penetrate through the cob as well as the kernels in order for the entire ear to be properly blanched. The reason for BLANCHING is to stop the enzymatic action which will continue to cause the sugar in the corn to turn to starch. After BLANCHING the ears, cool and place the corn into ice cold water, drain, package, seal and store at 0°F. or below (Hint: If you want to have a good supply of ice to use for freezing corn, take plastic freezer containers and put water into your freezer if space allows. This way you can freeze ice in blocks which will last longer than cubes.)

When canning corn, you may even use the cream style method or the whole kernel method. The following are directions for each.

Cream Style - Cut corn from the cob at about the center of the kernel; then scrape the cob to remove the juice and heart of the kernel. Add two cups of boiling water for each four cups of corn and bring to a boil.

Pack hot corn to within 1" of the top of the jar. Use pint jars only for cream style. Add ½ teaspoon salt to each jar. Remove air bubbles by running a spatula or knife between food and jars. Adjust jar lids. Process in a pressure canner at 10 pounds of pressure at 240° F. Pint jars should be processed for 85 minutes.

Whole Kernel - To prepare whole kernel corn for canning, cut the corn from the cob at about ⅔ the depth of the kernel. Do not scrape the cob. Add two cups boiling water for each four cups of corn and bring to a boil. Pack hot corn in liquid to within 1" of top of jars. Add ½ teaspoon salt to pint jars and 1 teaspoon salt to quart jars. Remove air bubbles by running a spatula or knife between the food and jar. Adjust jar lids. Process in the pressure canner at 10 pounds of pressure at 240° F. as follows-pint jars - 55 minutes; quart jars - 85 minutes. The small amount of salt used adds flavor but does not preserve the product. So, therefore, it may be omitted.

NOTE: I cannot stress enough how important it is to blanch corn when freezing it. Many people think that they can take short cuts and end up with a successful product. There is no way that you can have good corn on the cob or good cut-off corn stored in your freezer without blanching it. If you do not blanch it, the sugar in the corn which makes it so delicious will turn to starch; therefore, giving you an inferior product. You cannot put a product in your freezer that is not of the best quality and expect it to come out any better than when it made its entry.

Should you have a food preservation problem or question, please call 352-8244 or write P. O. Box 488, Appomattox, Va. 24522. We are always delighted to hear from you and help you.

Have a good week!

RECIPE OF THE WEEK

Mary's Shrimp Dip
1 can cream of tomato soup
2 - 8 oz. packages cream cheese
2 packages unflavored gelatin
1 cup mayonnaise
½ cup celery
¼ cup onion
1 pound shrimp

Heat the can of undiluted tomato soup and add the two large packages of cream cheese. Melt and blend together thoroughly.

Dissolve the two packages of unflavored geiatin in 1 cup water. Add to soup mixture and thoroughly mix. Add mayonnaise, celery, onion and finely chopped shrimp to the soup mixture.

This can be put in molds or a lightly covered bowl.

This is delicious and makes a nice part dip that is congealed.

Many thanks to Mary Lane for sharing this delicious and different recipe with us.

Got a news story?

CALL 352-8215

Tips on silo-filling procedures

By JAMES A. SMITH
Extension Agent

"The South 40"
by JAMES A. SMITH
EXTENSION AGENT

It's that time of year again--silo filling--and there are some important reminders;

Harvest at the hard dough stage of maturity. The kernels are well dented, lower leaves and husks are brown, and dry matter percentage will be 35-42%. Generally, plants will be within this maturity and dry matter range for 11-14 days though this varies with weather.

Chop fine. Chopper knives need to be sharp and the clearances adjusted to a theoretical cut of ¼-3/8 inches. Power requirements are reduced, equipment handles the fine material better, more silage can be packed in the silo, tighter packing excludes oxygen, and livestock eat the finer material better.

The "squeeze" test for moisture content is hard to beat. If juice drips from a fist-full of chopped silage when squeezed, it is too wet. If the fist-full yields no moisture when squeezed and springs apart when released, it is too dry. When moisture is right, no juice can be squeezed out, though the hand will be moist, and the ball retains its shape when the pressure is released.

Put wetter silage in bunker or trench silos. Since packing is more difficult in a bunker silo than in an upright, it makes sense to put the early-cut silage that may be in the 32-35% dry matter range in the bunker. Then as the crop gets drier, go to the upright.

Fills silos quickly. When conditions are right, chop and fill the silos as quickly as possible. This harvests the plant at the proper stage and results in rapid exclusion of oxygen in the silo.

Pack bunkers and trench silos tightly. The more packing that can be done on the silage in these the better. Oxygen exclusion is the goal. Poorly packed silos will usually have pockets of molded silage when oxygen remained. The drier the material and the longer the chop, the more difficult it is to pack and the more likely it is to mold.

Silo gases can be lethal. The greatest danger is 12-72 hours after filling, but gas may occur up to 10 days after the last silage is put in. The gases, usually nitrogen dioxide (NO_2) usually nitrogen dioxide (NO_2), nitrogen tetroxide (N_2O_4) or nitric oxide (NO) are heavier orange or spill over and can accumulate in closed areas at the silo base. They may be reddish brown, yellow or colorless. All may be recognized by their irritating odor. Run the blower for 15-20 minutes before entering a partly filled silo and keep it running while in there. Stay out of the filled silo for two weeks after filling. Get to fresh air in a hurry if your throat burns and coughing starts. Ventilate areas at the silo base where gases may accumulate.

Fermentation is usually completed in the silo in about 14 days. It can then be fed as silage.

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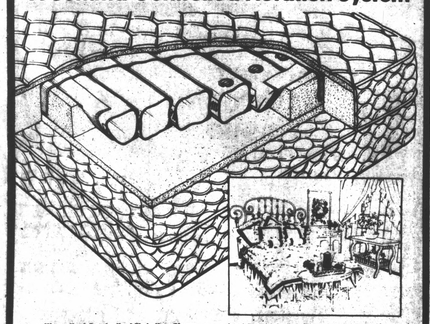

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4-H Winners

SHOWN ABOVE ARE: Chris Sams and Joe Servis, who won blue ribbons in the area of Woodworking in the County 4-H Demonstration Contest. Joe also won a blue ribbon in area competition.

PARTICIPANTS IN THE area of Bicycle Safety in the County Demonstration Contest were: Doug Watson, red ribbon; Brenn Pulley, red ribbon and Rick Pack, a blue ribbon. Rick also won a purple in area competition.

PICTURED ABOVE are happy, smiling 4-H'ers who have won blue ribbons in the area of Small Pets. From left to right are: Jeanne Lynn Pugh, Dawn Hancock and Robin Miller. Dawn Hancock also won a blue ribbon in area competition.

Mayberry takes title

Greg Mayberry shot an 84 to win the FRCC Junior Golf Championship by one stroke over runnerup Mike Williams last Friday.

Others playing in the 13-and-over age group were Bobby Carter, Darrell Conner, and R. L. Waldo. Greg also won the closest-to-the pin honors on number three.

In the 10-11-12 age group, Ray Lawson shot a 56 for nine holes to win by a stroke over Johnny Fedison.

Chip Herncall won the longest-drive award. Also competing were Clark Wade, Van Burke, Becky Lawson, Randy Lewis and Brent Stewart.

In the 9-and-under age group, playing five holes, David Fedison was the winner with a 42 and also was the longest-drive winner in this age group.

Second place was decided by matching cards between Britt Herncall and Jimmy Fedison, who had tied with a 49. Britt Herncall was declared the winner.

David Ranson also competed in this age group.

WINNERS IN THE FRCC JUNIOR CLUB TOURNAMENT include (from left) Britt Herncall, David Fedison, Johnny Fedison, Ray Lawson, Greg Mayberry. Not pictured is Mike Williams.

FRCC slates 'champ' tourney

The Falling River Country Club's Golf Championship tournament will be held Sept. 5-7 (Saturday through Monday) on the club course, according to a spokesperson from FRCC.

Cost of entry into the tournament is $10. Persons interested in participating in the tournament may sign up in the club pro shop, or call 352-7037.

There will be a picnic following Sunday's round of play, according to the spokesperson.

Saddle Club tours Hampden Stables

The Equus Saddle Club of Appomattox and their invited guest toured Hampden Stables in Farmville on August 3, 1981. Mr. and Mrs. Fred Linton, owners and instructors answered questions while the group veiwed the evening riding class. Betty Zumbro, club member and former student of the Linton's, rode in the class. Vickie Martin and Linda Short have also ridden under the Linton's guidance. The facility offers an indoor riding arena, as well as an outdoor riding ring and trails. Evening classes and weekend classes are offered for the beginner to the most advanced rider for $7.00 per lesson. Mr. and Mrs. Linton teach the "balanced seat" method.

The club presented Benita Ripley with a get well gift. Benita has been recuperating from a horse related injury she received last month at Boydton.

Several members participated in local shows during the last month, bringing home many trophies and ribbons. Col. Eugene Bell, riding My Bay Lady; Ricky Garrison, riding Max, for Col. and Mrs. Eugene Bell; Sandy Carwile and Betty Zumbro, riding Girl On My Street for Mr. and Mrs. K. C. Paulette and Benita Ripley riding Royal's Rainbow competed in Ambling and Pleasure classes; Betty Zumbro, riding Saturday Society, in the Amateur Five Gaited class; Vickie Martin, riding Lucky Heritage, in Amateur Walking classes; and K. C. Paulette, and Linda Short riding Royal's Miss Namron in Gentleman and Ladies Racking classes, in horse shows in the Danville area, Broswell and Boydton.

The Virginia Walking Horse Associations annual Old Dominion Walking Horse Classic was held July 18 in Danville. K. C. Paulette, executive board member and Vickie Martin, trophy committee chairperson attended the show. Jay Pearson and Brandon Short were ribbon marshalls for the event. K. C. Paulette, Vickie Martin, and Linda Short competed in the walking and racking classes. Ricky Garrison and David Short served as grooms. Mr. and Mrs. Jimmy Carwile and Mr. and Mrs. Curtis Harrison, members of Equus Saddle Club, attended the evening show and gave moral support to their fellow members.

The Equus Saddle Club has plans for an outdoor "horse" outing for the fall. The public will be invited to attend.

Pratt named to list

Charles Chase Pratt, son of Dr. and Mrs. Phillip C. Pratt of Durham, N. C. has been named to the list of Outstanding Young Men of America for 1981.

He is married to the former Sarah Lee, formerly of Lynchburg, daughter of Mrs. A. T. Harden of Appomattox.

Pratt, confined to a wheelchair since age nine by Muscular Dystrophy, was named to Who's Who in American Colleges and Universities while at St. Andrew's Presbyterian College, from which he received a bachelor's degree in 1971.

Pratt also holds a master's degree from the University of Arizona. He is currently working as a city planner for the city of Louisville, Ky.

His wife, Sarah, is an attorney working in Kentucky.

Kids to graduate

The Appomattox Children's Center, located on 460 west, will hold a combination Open House and Graduation on Friday evening, August 21 from 6:45 until 9:00.

Twelve children, dressed in caps and gowns will receive the "Bachelor of Rhymes" degree; presenting the certificates will be Mrs. Regena Royal, former-ly director of the Center. The graduates will be going into kindergarten.

A graduation program incorporating some of the areas of work and activity the children have been involved with during the past six months will be presented. Refreshements will be served.

The Appomattox Children's Center, owned by Marie and Brian O'Donnell, is operated by Director Theresa Isom who is also a registered nurse. She is assisted in the teaching program by Mrs. Helen Covington, Miss Debbie Watson, Miss Melissa Randolph, and Ms. Sandra Marshall. Misses Eileen and Maurene O'Donnell assist with arts and crafts and other activities.

The Center, open from 6 a.m. to 6 p.m. Monday through Friday offers a program in nursery school, early education as well as Before School Care and After School Care.

The public is cordially invited to attend Open House and graduation.

ALBEMARLE, CHARLOTTESVILLE, AND Prince Edward 4-H'ers attended Holiday Lake 4-H Educational Center for a week of fun, excitement and learning experiences. Two outstanding campers were chosen as "Camper of the Week". The campers were selected due to their participation in the many camp events held during the week. Pictured above are Lynn Marsden, Albemarle County and Stephen Fore, of Prince Edward County. Lynn is the daughter of Mr. and Mrs. Richard Marsden. Stephen is the son of Mr. and Mrs. Michael Fore.

Pamplin MS drive starts

Mrs. C. V. Wingfield, National Multiple Sclerosis Society chairman for Pamplin, says the first campaign for that area was scheduled to begin this past Monday, Aug. 17.

Seven volunteers are knocking on doors to receive donations to help fight M.S., the cripler of young adults.

"All of the volunteers are wearing identifications badges," according to Mrs. Wingfield. "They will be asking for your support."

The volunteers in Pamplin include Mrs. Ed Davis, Mrs. Harold Southern, Mrs. Tommy Harris, Mrs. Wesley Hamlett, Mrs. Alex Nimmo, Mrs. W. R. Brightwell, and Mrs. R. M. Adams.

"We are all going to do our part to wipe out M.S.," Mrs. Wingfield continued. "I hope everyone in Pamplin will give generously to conquer this mysterious crippler."

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